

TUESDAY	WEDNESDAY	
 <p>HOUSTON YES, THIS IS DOG</p>	1 <u>Paid Venue</u> Morning Tea @ Country Paradise Parklands <b>4211 Café</b> <b>Nerang RSL</b>	6
7  <b>Crazy Sock Week</b> Meditation and Chair Yoga	8  <b>Crazy Sock Week</b> Sports Trivia	1
14 <u>Picnic</u> <b>Cascade Gardens</b> Bring a hat and jacket	15 <u>Nutrition</u> Quoits + Celebrity Heads * Games with a twist	2
21 <i>Celebrating</i> <b>Disability Action Week</b> 	22 <i>Celebrating</i> <b>Disability Action Week</b> 	3
27 <b>Exercise Circuit</b> + <b>Plunk It!!!</b>	28 <b>Exercise Circuit</b> + <b>Plunk It!!!</b>	4







We are celebrating **Disability Action Week** in centre....

Sausage Sizzle, Gatsby/ Art Deco theme/ Raffles/ Fancy Dress and lucky door prizes and more.... Community Access and Centre Based will be combined in centre. We will have black jack tables, The Big Wheel and games. So ladies pop on your pearls and feather boa, add a little glitz and glamor, wear a headband or a hat... Gents break out your braces, tie and hat and get ready to party.